

AN IMPORTANT MESSAGE FROM YOUR  
NEW JERSEY DEPARTMENT OF HEALTH  
AND SENIOR SERVICES



If  
you  
work  
with

or around **lead**  
containing  
materials, you  
should be tested for  
**lead** in your blood.

This pamphlet has  
advice and  
information to help  
you  
protect  
yourself  
from  
**lead**.



## HOW TO AVOID **LEAD**

### Your Checklist

- ✓ **CHANGE** into work clothes and shoes before beginning work each day. **KEEP** your street clothes and shoes in a clean place.
- ✓ **WEAR** a clean, properly-fitted respirator in all work areas that have overexposure to **lead** dust or fumes. **SHAVE** clean to get the best fit.
- ✓ **WASH** your hands and face before you eat, drink or smoke.
- ✓ **EAT, DRINK & SMOKE** only in areas free of **lead** dust and fumes.
- ✓ **VACUUM** your work clothes and shoes at work before you eat, drink or smoke and before you remove them.
- ✓ **SHOWER** at work at the end of the day.
- ✓ **LAUNDER** your clothes at work. If you must take clothes home, **WASH & DRY** them separately.
- ✓ **AVOID** raising **lead** dust with dry sweeping or compressed air. Use **HEPA** vacuum and/or wet mopping for cleaning surfaces.

**Don't Let LEAD  
Get into Your Body!**

## WHAT WORKERS NEED TO KNOW ABOUT

## OCCUPATIONAL **LEAD** **EXPOSURE**



Occupational Health Service





## FACTS ABOUT LEAD

### JOBS WHERE LEAD CAN BE FOUND:

- Lead production or smelting
- Brass, copper or lead foundries
- Demolition of old structures
- Removal of old paint containing lead
- Welding of old, painted metal
- Machining and grinding lead alloys
- Battery manufacturing
- Radiator repair
- Scrap metal handling
- Lead soldering
- Indoor firing ranges
- Ceramic glaze mixing

#### ALSO

- PAINT in houses built before 1978
- SOIL and AIR near factories where people work with lead
- DRINKING WATER from pipes with lead solder



**FIND OUT IF THE PRODUCTS YOU WORK WITH CONTAIN LEAD!**

### LEAD CAN MAKE YOU SICK

- Lead gets into your body when you breathe in lead dust or fumes or when you swallow the dust. Experts agree that an adult blood lead level over 10 ug/dl is of concern. If your blood lead level is greater than 25 ug/dl you may feel fine or you may feel ill. Regardless of how you feel, lead can damage your body. Some of the health effects you may have are:

Health effects	Blood lead level (ug/dl) above:
Increase in blood pressure, harm to fetus	10-15
Tiredness, reproductive problems	30
Muscle and joint pains, trouble concentrating and remembering things, trouble sleeping, stomach problems	40-60
Kidney damage	60-80
Severe brain damage	100

- Lead dust can get into your food, drink, cigarettes and chewing gum if you eat and smoke at the worksite.
- Your family can get sick from lead if you take home lead dust on your clothes and shoes.

**WARNING: SMOKING CIGARETTES AND BREATHING LEAD DUST OR FUMES CAN BE VERY BAD FOR YOUR BODY.**

## WHO CAN HELP?

- **YOUR EMPLOYER** should help you avoid lead exposure with appropriate work practices, protective controls and equipment, and training. Your safety officer can check your work area for lead dust or fumes.



- **YOUR DOCTOR** or the company doctor who will order the right medical tests and tell you what the results mean to your health.

- **YOUR UNION** Tell your union about your concerns and ask how it is involved in making your job safer.

- **YOUR FEDERAL GOVERNMENT (OSHA)** If conditions are bad, call the nearest OSHA office and complain.

Avenel  
(908) 750-3270  
Parsippany  
(201) 263-1003  
Hasbrouck Heights  
(201) 288-1700  
Marlton  
(609) 757-5181

- **YOUR STATE GOVERNMENT** for information and referrals



The **Lead Project**  
Occupational Health  
Service  
PO Box 360  
Trenton, NJ 08625-0360  
(609) 984-1863

**THE FEDERAL GOVERNMENT (OSHA) HAS RULES ON USING LEAD SAFELY THAT EMPLOYERS MUST FOLLOW.**